

# Tomato N' Cheese Pasta

**Makes:** 2 Servings

## Ingredients

**1 cup** pasta, small whole grain (shell, penne, or ziti)

**1/4 cup** onion, chopped

**2** garlic cloves, minced

**1 tablespoon** olive oil (or canola oil)

**1 can** diced tomatoes, unsalted (14.5 ounces)

**1/2 teaspoon** basil

**1/2 teaspoon** oregano

**1/4 teaspoon** sugar

**1/4 teaspoon** pepper

**1/4 cup** mozzarella, part-skim shredded

**1 tablespoon** Parmesan cheese

## Directions




1. Cook pasta according to package directions; drain.
2. In a small saucepan, cook onion and garlic in oil until tender.
3. Stir in tomatoes, basil, oregano, sugar, and pepper.
4. Bring to a boil. Reduce heat. Simmer uncovered for 15 minutes. Add pasta to sauce.
5. Transfer to a greased 1-quart baking dish. Top with cheeses.
6. Bake, uncovered at 375°F for 10-15 minutes or until cheese is melted.

**Source:** University of Wyoming, Cent\$ible Nutrition Program, Cooking For Your or Two p.96

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>366</b>
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	10 mg
Sodium	136 mg
Total Carbohydrate	52 g
Dietary Fiber	5 g
Total Sugars	7 g
Added Sugars included	1 g
<b>Protein</b>	<b>14 g</b>
Vitamin D	0 IU
Calcium	227 mg
Iron	4 mg
Potassium	516 mg
N/A - data is not available	

### MyPlate Food Groups

	Vegetables	1 cup
	Grains	2 ounces
	Dairy	1/2 cup